



"Best Climate
on Earth"

1977

JOIN US IN CELEBRATING
30 YEARS OF COMMUNITY SPIRIT

2007

The

GROVE GAZETTE

Municipal Newsletter for the Residents of Lemon Grove, California

Fall 2007

Inside This Issue:

Community Interest	2
Community Events	4
Recreation	6
Potpourri	9
Environmental	10

PRESERVING OUR COMMUNITY BY GETTING INVOLVED

What makes a community? Is it roads, houses, city-limits, trees, entry signs, parks, and school buildings? Looking at a satellite photo of Lemon Grove, one would think so. Even though these features are important to a community's quality of life, they do not make a community.

More accurately, a community is created by the people who live and work in a geographic area. A community requires residents, business owners, teachers, firefighters, children, civic leaders, and so on. A community that functions well is one in which there is involvement and interaction between its stakeholders—the people in the community. In fact, *Webster's New Collegiate Dictionary* defines "community" as a "unified body of individuals; people with common interests living in a particular area; and an interacting population of various kinds of individuals in a

common location."

We often hear on the news or read in publications about the "breakdown of community." Why does this happen, what are the causes? The answers to these questions are complex and diverse. However, in an attempt to sum up a library full of opinions and analysis in order to fit into the City newsletter article, I believe that a major cause for the breakdown of community is "lack of participation."

It is far too easy to keep to one's self, never speak with neighbors, and avoid volunteering. In fact, today's culture promotes avoidance of participation and interaction with others—drive-thrus, lack of front porches, 300+ cable channels, e-mail, etc. I certainly do not oppose any of these features of our modern society, but I have noticed that we design our daily activities in an effort to achieve efficiency, sometimes at the expense of interacting with others face-to-face.

So, if lack of participation is the problem, what is the solution—easy, GET INVOLVED! There are so many ways to participate in a community: provide leadership at the PTA, coach a youth sports team, pick up trash around your neighborhood with your children, say hello to the checker at the grocery store, vote, invite your neighbor to a barbeque, share an opinion, welcome the new family on the block, volunteer at the library, start a book club, plant a tree, say thanks to a firefighter, go for a walk and say hello to all you pass, turn off the television and do something for someone else.

Something magical happens when you get involved—you interact with others, you gain new perspectives, you share a vision of community, and you make a difference. But most important, you gain a greater sense of caring for your community.

Imagine if we all placed our community in the highest regard. If so, when we notice someone with us littering, we would tell them to pick up their trash; we would teach our children not to vandalize their parks and schools; we would get involved in our children's education; we would dedicate time to making the community better.

As a city manager, I am the first to recognize that government programs are not the most effective way to address many of our society's challenges. On the contrary, I have repeatedly seen that residents working together and coming up with solutions make the big differences in a community. I hope we will all consider what we can do, considering the other demands in our lives, to make Lemon Grove a top priority.

Building a community takes years and even generations. It requires a long-term and sustained commitment from the majority of residents and businesses. By taking proactive steps today, we ensure that Lemon Grove will only improve and that we pass the value of community on to future generations of Lemon Grovers.

With the help of many generous sponsors, the City has been able to make the City's 30th Anniversary events possible. Major sponsors of these events include: American Medical Response, AT&T, Bob Baker Toyota, Community Collective, DCH Honda, EDCO, SDG&E, and Sycuan.



Community Interest

CITY PLANNING COMMISSION VACANCIES



The City of Lemon Grove is seeking City residents to fill three vacancies on the Planning Commission. The Planning Commission reviews and makes decisions on land use, zoning and land development applications in the City. Candidates selected for the Planning Commission will each serve three-year terms.

If you are a Lemon Grove resident interested in helping guide the future of Lemon Grove, you can apply for a position on the Planning Commission by picking up an application form at Lemon Grove City Hall at 3232 Main Street or at www.ci.lemon-grove.ca.us/PlanCom. City Hall is open from 8:00 AM to 5:30 PM weekdays (closed on alternate Fridays). Applications must be submitted no later than 4:30 PM on Thursday, October 18, 2007. The City Council will interview all of the candidates and make the appointments to the Planning Commission on

October 30, 2007 beginning at 6:00 PM.

Planning Commission meetings are held the second and fourth Monday of each month at 6:30 PM. Special meetings may be called on other dates to review land use issues of importance to the City. Regular meetings are held at the Lemon Grove Community Center, 3146 School Lane. While considered a volunteer position, Planning Commissioners are compensated \$50 for each meeting they attend.

E-SERVICES

Lemon Grove's "new" website is now over a year old. So, we would like to highlight one of its more popular features, **Notify Me** (e-mail subscription lists), and encourage you to participate.

Did you know, that just by subscribing to the e-mail subscription lists of your choice, the City would automatically notify you about areas of interest, like:

- ◆ Adult Softball
- ◆ Adult Volleyball
- ◆ City Council Agenda
- ◆ City Newsletter
- ◆ Community Events
- ◆ Contracting Opportunities
- ◆ Job Postings
- ◆ Press Releases
- ◆ Recreation Classes
- ◆ Youth Activities

To subscribe, visit the City's website at www.ci.lemon-grove.ca.us. Mouse over "E-Services" in the left-hand column, select "Notify Me", and follow the instructions. How easy is that!

The website also offers **Report A Problem**, **Calendar of Events**, **Document Center**, and **Staff Directory**. If there is anything we can do to improve the website, please let us know. Suggestions are always welcome!

REALIGNMENT PROJECT—A new look!

Winding your way through Broadway and Lemon Grove Avenue traffic to get to Highway 94 can sometimes be PAINFUL! Well, get ready – here comes a new look for Lemon Grove! Plans are underway to realign Lemon Grove Avenue at Highway 94 (SR94). The project will straighten a section of the street so that, from the SR94 bridge, it "T's" directly into North Avenue. You can expect a number of benefits, such as:

- ◆ Improved City street grid
- ◆ Reduced drive time to and from SR94
- ◆ Reduced traffic congestion at Broadway/Lemon Grove Avenue intersection
- ◆ Street upgrades along North Avenue and Olive Street
- ◆ A new traffic signal at North Avenue and Lemon Grove Avenue
- ◆ Creating an attractive gateway to the City's downtown

If you would like additional information, please contact the Public Works Department at 619-825-3810.

SCAVENGING RECYCLABLE ITEMS HURTS

Did you know that it is a misdemeanor crime to scavenge recyclable items from trash cans and recycling bins? The act of scavenging creates a public nuisance of noise and litter, can make residents feel threatened by someone going through their trash containers, and the revenue from recycling offsets the cost of collection and keeps EDCO's rates low.



If you see someone scavenging through trash or recycling bins, do not approach the scavenger on your own. Please note the date and time of the incident, a description of the person and the method of collection (bag, shopping cart, or vehicle). Then report the incident with the information you collected to either the Sheriff's Department at (858) 565-5200, the City at (619) 825-3800 or to EDCO (619) 287-4230.

Community Interest

TENANT/LANDLORD SERVICES

For the past 20 years, the City of Lemon Grove has contracted with the Center for Social Advocacy (formerly Heartland Human Relations and Fair Housing Association) to provide free assistance to renters, land owners, and property managers in an effort to promote fair housing practices.

The Center for Social Advocacy provides many FREE services including:

- ▶ tenant/landlord mediation
- ▶ education to tenants
- ▶ education to land owners and property managers
- ▶ fair housing advocacy

The Center's housing specialists are equipped to answer many questions and provide additional resources to those in need.

To contact the Center for Social Advocacy, call (619) 444-5700 or visit www.centerforsocialadvocacy.com.

COOL COMMUNITIES



FREE Shade Trees!

The California Center for Sustainable Energy is giving away FREE shade trees to single-family homes, multi-family buildings, public agencies, non-profits and K-12 schools in San Diego County (must be an SDG&E customer). And not little tiny trees either! These are full-size trees in your choice of over 20 varieties. Each household can receive up to ten trees. NOTE: Houses built after 1994 are not eligible for free trees.

For more information, call toll-free 1-888-831-8620, or visit www.trees.energycenter.org.

To receive the highest energy savings and the most benefit from your shade trees, follow these tips:

- On the south side of the building, plant trees that are bare in the winter (deciduous) so the sun can warm your home.
- Plant most of the trees on the west side where the energy savings are greatest.

OCTOBER IS CRIME PREVENTION MONTH

Every October cities, schools, community groups, businesses, and volunteers work together to teach the public how to create safer neighborhoods. This year, the Lemon Grove Sheriff Station would like to share the following with you.



Neighborhood Watch Program

Don't be the next victim! Neighborhood Watch is a proven crime prevention program. When you and your neighbors set up and maintain an active Neighborhood Watch group, you learn to combat burglaries and other neighborhood problems. Find out how you can start a Neighborhood Watch group by calling your Crime Prevention Specialist.

Free Home Security Evaluation

How easy would it be to break into your house? Would your landscaping actually help a burglar? Do you know that lighting could discourage criminals? Do you have an active Neighborhood Watch group to help prevent potential crime?

To answer these questions and more, you may want to schedule a free home security evaluation with a Crime Prevention Specialist. A Specialist will look at your home through the eyes of a burglar to find vulnerable areas, and then give you a list of practical, cost-effective security recommendations. This service also includes "Operation Identification", a property-engraving program that helps law enforcement return stolen property to its rightful owner.

Drug Prevention Program

One of the most important activities during Crime Prevention Month is Red Ribbon Week (October 23-31) whose message is "say NO to drugs!"

Red Ribbon Week began in 1988 as a tribute to Drug Enforcement Administration Agent Enrique "Kiki" Camarena, who was murdered after chasing Mexico's drug barons. His death caused communities to take a stand against the destruction that drugs cause in our schools, our families, and our nation. This grassroots movement grew into a successful program that now reaches millions of young people every year. Contact your kids' school to find out how they are saying NO to drugs.

For more information about these or other crime prevention programs, call your Crime Prevention Specialists at the Lemon Grove Sheriff Station: Jose Ortiz (619) 337-2041, or Joey Tennison (619) 337-2039.

Community Interest/Events

MEET PUBLIC WORKS

Hello, we would like to introduce you to the Lemon Grove Public Works Department. The next few newsletters will contain information about the various jobs this department performs for City residents and businesses. This edition of the City newsletter introduces the Streets Division. They are responsible for maintaining streets and sidewalks, including filling potholes, fixing cracked sidewalks, and repaving streets. You might have seen them working around town. They also stripe streets and repaint crosswalks. Take a closer look around the local schools; the Public Works crew worked hard to repaint crosswalks before the schools re-opened last month. They also clean gutters and stormdrains before the rainy season to prevent street flooding. This is just the beginning of the list of things these hard-working, orange-shirt-wearing folks do for you. Next up, Grounds Division. If you wish to report a problem or just say thanks, call (619) 825-3810.



Paving on El Prado Avenue

ANNUAL PANCAKE BREAKFAST/OPEN HOUSE-October 13, 2007



Lemon Grove Fire Department

7853 Central Avenue

(619) 825-3835



7:00am—11:00am
ALL YOU CAN EAT PANCAKES!

Adults
\$5.00



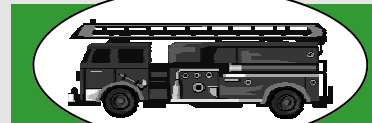
Children
\$3.00
(under 12)

All proceeds benefit local charities

Professional Firefighters Association
Local 2728

10:00am—2:00pm
TRAFFIC SAFETY FAIR

Free Kids
Bike
Helmets



Home Depot
Kids
Workshop

MEET OUR FIREFIGHTERS!

- ♦ Bicycle Rodeo
- ♦ Firehouse Safety Trailer
- ♦ McGruff, the Sheriff's Crime Fighting Dog
- ♦ Firefighters' Bag Pipes Band
- ♦ Blood Pressure & Pulse checks by American Medical Response
- ♦ Refreshments provided

SOROPTIMIST INTERNATIONAL OF LEMON GROVE

Western Round Up & Chili Cook-Off

Saturday, November 3, 2007

6:00pm—10:00pm

St. John of the Cross Parish Hall

Columbus Drive and Broadway in Lemon Grove

For tickets, entry forms, sponsorship:

Jennifer Mendoza (619) 741-6748 or jmendoza@csgrr.com



Benefiting
the Lemon Grove
Holiday Food and
Toy Drive



Western grub
Boot-stompin'tunes
Saloon
Raffles
Silent auctions
Door prizes

Community Events

10TH ANNUAL COMMUNITY BONFIRE—DECEMBER 7, 2007

Join us on Friday, December 7th for the City of Lemon Grove's 10th Annual Community Bonfire. This free, family-oriented event has been a community favorite since 1998 and features live music, children's games and fun for all ages.

The highlight of the evening will be the lighting of the largest bonfire in the county by Lemon Grove Mayor Mary Sessom.

A donation of canned goods and/or unwrapped toys to the **Soroptimist Club's Holiday Food & Toy Drive** will earn a horse-drawn wagon ride. This program helps make the holiday season more joyful by providing food to needy families and toys to hundreds of children in the Lemon Grove area each year.



For more information:
Recreation Services (619) 825-3815

Free! Mark
your
calendars!

Friday, December 7th
6:30 - 8:30 p.m.
Civic Center Park
(Olive and Church Street)

CITY'S 30th ANNIVERSARY

Throughout the year, the City and community organizations have been celebrating the City's 30th anniversary. On December 13 we will commemorate our history with a Time Capsule Burying Event and City Hall Open House. The event will take place at 10:00 AM in front of City Hall.



The City wishes to thank all those who sponsored the City's gala 30th Anniversary event, "One Jewel of a Night":

Emerald (\$1,000+): AT&T
DCH Honda
EDCO

Sapphire (\$2,000+): Community Collective

Diamond (\$3,000+): American Medical Response
SDG&E
Sycuan

3rd ANNUAL RELAY FOR LIFE® OF LEMON GROVE—MAY 3-4, 2008



Relay For Life® of Lemon Grove is an event to raise funds for research and programs of the American Cancer Society. **YOU** can help! Volunteers are needed to help make the **2008 Relay For Life® of Lemon Grove** the best ever. Do you like to make a difference in your community? We can use your expertise in the planning stages and on the day of the event. Interested? Please call our event chair Joy Trebbien at (619) 589-1147, our co-chair Katie Dexter at (619) 463-1395, or our American Cancer Society staff partner Brad Pagano at the ACS office (619) 682-7449.

CANCER FACT:

One out of two men and one in three women will receive a cancer diagnosis in their lifetimes.

The funds raised at our event stay in Lemon Grove to serve our community's cancer survivors. Join us at Lemon Grove Middle School for this fun-filled overnight event and recruit friends, family, co-workers, and neighbors to join you in a Relay Team. Team members raise money by collecting pledges. On Relay Day, each team tries to keep at least one team member on the track at all times during the 24-hour event, remembering that **"Cancer Never Sleeps."**

Last year, 26 teams raised nearly \$35,000. Let's make next year's event bigger and better! Join RELAY FOR LIFE® OF LEMON GROVE and help find a cure!



Adult Sports
Facility Rentals
Parks
Youth Activities

Recreation GUIDE

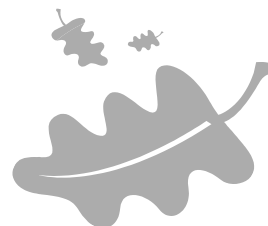
October 2007—March 2008

Recreation Services Department

3225 Olive Street

(619) 825-3815 Fax: (619) 825-3817

www.ci.lemon-grove.ca.us/RecDept



Recreation Center

3131 School Lane

(619) 825-3828

Site phone is attended during program hours only.

FACILITY RENTALS: The City offers three facilities specifically designed for receptions, meetings, seminars, and other special events. Facilities can accommodate large and small groups and reservations may be made up to one year in advance. Tours of the facilities are available by appointment only. For information please call Recreation Services at (619) 825-3815. www.ci.lemon-grove.ca.us/Rentals

Senior Center

8235 Mt. Vernon Street

This beautiful facility features large French doors opening onto a spacious patio surrounded by grassy areas and walkways creating its own private park-like setting. The large fully equipped kitchen is designed to handle all of your catering needs. The Senior Center adjoins Lemon Grove Park and is the perfect location for an outdoor wedding followed by an indoor reception. The facility seats up to 200 for banquet style events, and up to 300 for theater style events.

Community Center

3146 School Lane

The Lemon Grove Community Center is conveniently located in the heart of Lemon Grove. The Community Center features a full kitchen and all the amenities for smaller meetings, conferences, and private parties. The Community Center seats up to 75 for banquet style events, and up to 100 for theater style events.

H. Lee House Courtyard

3225 Olive Street

This intimate outdoor courtyard sits next to the historical H. Lee House. It features a beautiful gazebo for ceremonies or entertainment surrounded by inlaid brickwork and grass. The H. Lee House Courtyard is the perfect setting for an outdoor wedding, anniversary party, and many other special occasion events. The capacity is approximately 100.

Parks

Lemon Grove Park, 2259 Washington St.

Six acres – playground, gazebo, picnic areas and tables, restrooms, basketball court, and walking path.

Berry Street Park, 7071 Mt. Vernon St.

Six acres – playground, gazebos, picnic areas and tables, restrooms, and walking path.

Dan Kunkel Park, 8105 Lemon Grove Way

One acre, neighborhood park with playground, picnic area and tables, basketball court, and walking path.

You may also rent the gazebos at Lemon Grove Park and Berry Street Park. For more information, contact the Recreation Services Department at (619) 825-3815 or see the City's website at www.ci.lemon-grove.ca.us/parks.

Park Hours: Parks are open daily as follows:

6:00 am—9:00 pm April - October

7:00 am—7:00 pm November - March



Youth Activities/Adult Sports

Youth Classes and After School Drop-In Registration: Register at the Recreation Services Department, 3225 Olive Street, Monday-Friday 8:00 a.m. – 5:30 p.m. (Closed every other Friday) or download a packet online—www.ci.lemon-grove.ca.us/youth.



Turkey Camp 2007

K – 8th grade

Recreation Center, 3131 School Lane

Dates: November 20, 21 & 22

Hours: 6:30 a.m. to 6:00 p.m.

Cost: \$50.00 - By November 9
\$60.00 - After November 9
\$25.00 - Single Day Rate

Basketball Camp 2007

4th – 8th grade

Recreation Center, 3131 School Lane

Dates: November 20, 21 & 22

Hours: 3:00 p.m. to 6:00 p.m.

Cost: \$30.00
\$15.00 if also registered for Turkey Camp

All children must be registered and signed in and out daily by a parent/guardian. Participants must bring their own lunches and snacks daily. Some of the camp activities include arts & crafts, gym activities, and sports. Our game room has air hockey, foosball and billiards.

Pee Wee Sports for Boys and Girls

Ages 3-5 and 6-7 (Five sessions, five weeks each)
Recreation Center, 3131 School Lane
Fridays, 5:45p.m. - 6:45 p.m.

Sept 7—Oct 5, 2007 Football

Oct 19—Nov 16, 2007 .. Basketball

Feb 1—Mar 7, 2008 Soccer

Apr 4—May 2, 2008 Baseball

May 30—Jun 27, 2008.. Pillow Polo

1st session: \$25.00

Additional sessions: \$20.00

All five sessions: \$100.00



FREE After School Drop-In

SEPTEMBER - JUNE

Games, arts and crafts, sports, special events and loads of fun await all 2nd - 8th graders, Monday - Friday, 2:00 - 5:30 p.m. at the Lemon Grove Recreation Center, 3131 School Lane. Recreation leaders provide guidance and supervision, ensuring that all children get a chance to participate. At this program – a child is free to come and go as he/she wishes. Children must follow Recreation Center rules and regulations.

ADULT SPORTS

Adult Sports: Register at the Recreation Services Department, 3225 Olive Street Monday-Friday 8:00 a.m. – 5:30 p.m. (Closed every other Friday)

Softball Leagues

Come join the fun and play softball with friends and family. Adults of all ages and skill levels are invited to participate in our year-round leagues. Leagues are offered on the following nights:

Women	Monday
Men	Tuesday, Thursday and Friday
Co-Ed	Wednesday and Sunday



FEES:

\$375 Resident teams
\$400 Non-resident teams
\$ 60 Forfeit deposit
\$ 15 Per game umpire fee

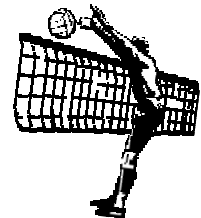
Volleyball Leagues

Year-round leagues are offered at the Recreation Center at 3131 School Lane for adults of all ages and skill levels. Leagues are offered on the following nights:

Co-ed Open	Tuesday (Advanced players)
Women Open	Wednesday
Co-ed "B"	Thursday (Beginning/intermediate)

FEES:

\$ 175 Resident teams
\$ 200 Non-resident teams
\$ 32 Forfeit deposit
\$ 8 Per game referee fee



Youth Sports Leagues



AYSO Soccer	479-1300
Lemon Grove Little League	463-5997
L.G./S.V. Bobby Sox	461-0810
Los Toros Bulls Football/Cheer	819-0205

Classes

REGISTRATION: Register at the Recreation Services Department, 3225 Olive Street, Monday – Friday 8:00 a.m. – 5:30 p.m. (Closed every other Friday).

Fall Session: Oct 15 – Dec 14, 2007 / **Winter Session:** Jan 13 – Mar 7, 2008

All classes are scheduled for 8-week sessions and require minimum student registration.

Art, Science and Fun Foods

Classes are designed for children ages 6-14. **Each class is \$30.00 per 8-week session.** Classes are held at the Recreation Center at 3131 School Lane or the Community Center at 3146 School Lane. Minimum registration - 8 children.

Instructor: Monica Gonzalez



Art

Children will have fun making creative art projects. Creativity will be emphasized in the class. Projects include: murals, paper Mache, mask making, painting on canvas and sketching. Children will explore their talents and have lots of fun!!

Days/Time: Fall SessionMondays, 3:45 – 4:45 p.m.

Winter SessionWednesdays, 3:45 – 4:45 p.m.

Science

This class is designed to expose children to a variety of fun science activities and experiments. They'll have fun with gooey mixtures, solutions, magnets, etc.

Days/Time: Fall Session.....Wednesdays, 3:45 – 4:45 p.m.

Winter Session.....Thursdays, 3:45 – 4:45 p.m.



Fun Foods

Children will learn a variety of simple and safe methods of food preparation. Participants will prepare snacks and entire meals with an emphasis on health and nutrition using age appropriate utensils. Healthy variations of pizza, tacos, spaghetti, stir fry and a variety of salads are just a few of the dishes that children will learn to prepare.

Days/Time: Fall and Winter Sessions Fridays, 3:45 – 4:45 p.m.

Youth Basketball

All boys and girls, 2nd through 8th grade, are invited to participate in our Youth Basketball League. Participants are evaluated on our designated rating day and are divided into evenly matched teams based on skill level.

League Dates: Jan 9 - Mar 10, 2008

Cost: \$40 per child, includes T-shirt

Youth Indoor Soccer

It's fun and exciting for boys and girls ages 4-12. Leagues are offered in the following age groups: 4-6, 7-9 and 10-12. All games are played at the Recreation Center Gym.

League Dates: Mar 16—May 4, 2008

Cost: \$25 per child, includes T-shirt

ADULTS—Beginning Tai Chi

Often called “moving meditation”, Tai Chi has become extremely popular for older adults. A growing body of research suggests that practicing Tai Chi has many benefits for seniors, including a reduced risk of falling and a significant improvement in quality of life. The practice of Tai Chi will strengthen the arms and legs, improve balance and flexibility, and reduce stress. Minimum registration - 8 students.



Cost: \$80.00 (Eight weeks/2 classes/week)

Location: Senior Center, 8235 Mt. Vernon Street

Days/Time: Wednesday & Friday, 9:00 – 10:00 a.m.

Instructor: Ben Rainer

Youth Activities Philosophy Statement: *Safety, sportsmanship, teamwork and fun are the goals of all Youth Activities. Our staff instills these goals in all participants. We ask all parents to encourage and support their children with these goals in mind.*

Potpourri

CITY PARKS: WILL YOU HELP?

We need your help!!! In recent months, illegal activities have increased in City parks, including:

- ◆ Speeding vehicles on nearby streets
- ◆ Vandalism (graffiti)
- ◆ Sleeping in the parks
- ◆ Drinking from glass containers
- ◆ Pets not on a leash
- ◆ Occupying parks after hours
- ◆ Use of illegal drugs
- ◆ Skateboarding
- ◆ Playing loud music
- ◆ Washing, detailing, and fixing vehicles

On August 8th, the City hosted a community meeting to discuss these very issues regarding Lemon Grove Park. Thirty-eight residents who live near Lemon Grove Park attended, along with seven City and Sheriff employees. During the meeting, each of these problems was matched with potential solutions.

With resident assistance, City staff has identified and prioritized short- and long-term tasks to address these issues. While it is the City's goal to provide a safe, family environment in all parks, staff cannot watch the parks every minute of every day. That is why we encourage your involvement. Whenever you see suspicious activity (non-emergency), please call the Sheriff's Department Non-Emergency line at (858) 565-5200. If you see an emergency, dial 911.

Together, we can improve the quality of life at our parks. LET'S WORK TOGETHER AND MAKE IT HAPPEN!!!

LIGHT BULB EXCHANGE EVENT

The SDG&E® Lighting Turn-In Program event held in August at Civic Center Park was a great success!. A total of 500 ENERGY STAR® compact fluorescent light bulbs and 75 energy-efficient floor lamps were exchanged for 75-watt or higher incandescent bulbs and halogen torchiere floor lamps brought to the park for the event.



LITTLE LEAGUE CHAMPS

Congratulations to Lemon Grove Little League 9/10 Year Old District 66 Champions on their July win for the 4th consecutive year! Great work by the team, Manager Carlos Weed and Coach Bobby Estrada.



LEMON GROVE SENIOR CENTER—Services, Activities, Classes

**Volunteer
Opportunities Available**

8235 Mt. Vernon Street, (619) 337-1425

Monday - Friday 8:00 AM—3:30 PM

Senior Lunch Program

Hot, nutritious noon time meals



Suggested donation \$3.00 age 60 and over

Services

Free Legal Services
Free Tax Preparation
Health Education
Blood Pressure Checks
Information and referrals
AARP Defensive Driving Classes
Home Delivered Meals

Senior Activities

Choral Workshop
Craft Workshop
Movies & Entertainment
Day & Evening Trips
Holiday Celebrations
Prize Bingo
Ma-Jongg/Pinochle/Billiards

Exercise Classes

Aerobic Conditioning Class
Feeling Fit Club
Hatha Yoga Class

Environmental

KEEPING THE SEWERS CLEAN

HELP LIFT THE F.O.G.!

Cooking liquids disposed of down the sink can cause some big problems in the sewer system. These troublemaker food items include salad oils, meat drippings and fats, and the worst culprit of all: greasy leftovers. Over time, **F.O.G. (Fats, Oils, and Greases)** clog sewer pipes in the same way that they clog human arteries, by clinging to the sides of pipes and constricting flow, eventually causing sewer pipe heart attacks or blockages.

Cleaning the pipes is an expensive (and smelly) operation that all residents pay for, so each of us can help keep costs down by following some simple rules:

- ◆ Pour your cooking oils and greases into an old milk carton or un-recyclable container, and discard in trash when full.
- ◆ Scrape off greasy or oily dishes and pots before washing in the dishwasher or sink.
- ◆ Put fat trimmings in the trash, and not in the garbage disposal.

THROW AWAY THOSE OLD MEDS!

According to the National Environmental Services Center, medication use in America has increased significantly, and that means more ends up in the environment by entering the sewer system either by excretion or by being flushed down the toilet. Sewer treatment plants were not designed to remove medicines from the waste stream, and according to the Environmental Protection Agency, treated water is now showing traces of many drugs, including aspirin, diazepam, and estrogen. These drugs are affecting the lives of aquatic animals near sewer outfalls. According to a study of 500 patients performed by the EPA, 35% of patients flushed old medications down the toilet.

We can each help the environment by throwing unused or expired medications in the trash. This is not ideal, but is better than flushing them down the toilet. When disposing old medicines in the trash, please be sure to:

- ◆ Keep drugs in the original container (with safety lids)
- ◆ Scratch out any personal information on the container label
- ◆ Place glass-bottled liquids in plastic sealable bags to prevent leakage
- ◆ Try to make the medications as unpalatable as possible; add some water to tablets or capsules to dissolve them slightly, or add a small amount of cayenne pepper or kitty litter
- ◆ Place the medications in the trash as close to pick-up time as possible

Let's work together to keep the City Sanitation District's wastewater stream as F.O.G. and medicine-free as possible!

Source: <http://www.epa.gov/ppcp>

RAINY SEASON

It's almost here, that time of year so rare in Southern California – the rainy season. There are a few things you can do to prepare and to help the City in its clean stormwater efforts. When it rains, the water washes into the gutters and into a nearby storm drain. Storm drains are not connected to the sewer system (so the water is not treated), instead they carry pollutants and trash straight to local creeks and the ocean, which can cause unsafe beach and swimming conditions. You can help!



- ◆ Follow manufacturer instructions carefully on pesticides and fertilizers, a little goes a long way.
- ◆ Clear your yard and driveway of trash and debris; this prevents it from being carried into the storm drains.
- ◆ Scoop the poop, when walking your pooch. Dog droppings are big contributors to harmful bacteria levels in local creeks.
- ◆ Collect yard and green waste for recycling or use as fertilizer.
- ◆ Plant bare slopes to prevent erosion and mudslides.

If you see illegal dumping or a blocked storm drain, or have questions about stormwater and what you can do, call (619) 825-3827.

Environmental

HOUSEHOLD HAZARDOUS WASTE RECYCLING PROGRAM

NEW!

This program has changed... please read carefully!

Lemon Grove has a different residential household hazardous waste (HHW) recycling program and it's still **FREE**. City residents may now drop-off HHW, **by appointment only, on selected dates** at the EDCO Station in La Mesa, 8184 Commercial Street.



Here's how to dispose of HHW safely...

1. Call (619) 287-5696, ext. 4270, to make an appointment for an upcoming drop-off event. Or, request an appointment via email at lmhww@edcodisposal.com. Be sure to include your name, address, and daytime telephone number.
2. Drop-off events are scheduled for the following dates:

November 17, 2007	July 12, 2008
January 26, 2008	August 16, 2008
March 29, 2008	September 27, 2008
May 17, 2008	November 22, 2008

Please, do the right thing. Use Lemon Grove's recycling opportunities. Home pick-ups are available for seniors and disabled residents only—those residents who have physical limitations that prevent them from driving are eligible to participate in the HHW/electronic waste Home Pickup Program. If you qualify, call 1-800-444-4244 to schedule your FREE home pickup.

ALL of these items are hazardous, and illegal to dispose of in the trash!

HOUSEHOLD

All Purpose Cleaners
Ammonia, Disinfectants
Drain Cleaners
Polishes
Household Batteries

YARD AND GARDEN

Lighter Fluid
Pesticides
Paints, Stains, Thinners
Pool Chemicals
Fertilizers

GARAGE

Motor Oil and Filters
Car Batteries, Gear Oil
Transmission Fluid
Antifreeze, Gasoline
Glues, Adhesives

FREE E-WASTE RECYCLING

NEW!

The City of Lemon Grove is proud to announce a FREE electronic waste (e-waste) recycling program for our residents and businesses!

Beginning in October, you may drop off computers, printers, televisions, VCRs, cell phones, fax machines, stereos, microwaves, monitors, and the like...

Upcoming drop-off events are confirmed for the following dates:

October 20, November 17, January 19

Civic Center Park
3200 Main Street
9:00 a.m. – Noon

Check the City website for upcoming dates and a complete list of accepted items:

www.ci.lemon-grove.ca.us/recycle or call City Hall at (619) 825-3800, ext 3913 for more information.

MEETINGS

CITY COUNCIL

1st and 3rd Tuesday of each month, 6:00 p.m. at the Community Center, 3146 School Lane.

PLANNING COMMISSION

2nd and 4th Monday of each month, 6:30 p.m. at the Community Center, 3146 School Lane.

TRAFFIC ADVISORY COMMITTEE

3rd Thursday every other month, 6:00 p.m. at the Fire Department, 7853 Central Avenue. For meeting dates, please call (619) 825-3810.

We're on the WEB!

www.ci.lemon-grove.ca.us

Web-Extras!

Visit our website to access these additional features:

- ♦ [Code Enforcement Administrative Citation Procedures](#)
- ♦ [Recreation Brochure](#)
- ♦ [Youth Recreation Registration Packet](#)
- ♦ [Facility Rental Application](#)
- ♦ [Why Spay or Neuter Your Pets?](#)

AT A GLANCE... Telephone Numbers

Fire Department825-3835
(non-emergency)
Sheriff Department337-2000
(non-emergency)
Animal Control691-5123
Chamber of Commerce469-9614
Swimming Pool Info.....698-2502
Historical Society.....460-4353
Library463-9819
School District825-5600
Senior Center337-1425

CITY HALL835-3800
Mayor & City Council825-3800
City Manager, Finance825-3800
Planning/Building825-3805
Public Works/Engineering825-3810
Recreation Services825-3815

HOTLINES

Jobline.....825-3813
Code Enforcement825-3807
Graffiti.....825-3813
Storm Drain
Spills/Dumping825-3827



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City of Lemon Grove

3232 Main Street

Lemon Grove, CA 91945

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Permit 67

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Jerry Selby, Mayor Pro Tem

Thomas E. Clabby, Councilmember

Mary England, Councilmember

Jerry Jones, Councilmember